

The Noisy and Quiet Disease



True or False? A person with asthma is controlling their disease if they are not wheezing, coughing or experiencing other “noisy” asthma symptoms. If you said, “True”, you wouldn’t be alone, but you’d be incorrect. Many asthmatics feel they are in control if “noisy” symptoms are quiet. Because of this, many people focus on using quick-relief medications to stop the periodic or “noisy” symptoms of asthma.

Unfortunately, these medications do not treat the underlying cause of asthma symptoms: swollen and narrowed airways in the lung. Airways can’t be heard or noticed by looking at someone. Two types of medications help control both the noisy and quiet side of asthma:

- Quick-relief (rescue) medications to relieve the noisy symptoms
- Long-term (controller) medications for the quiet underlying cause of symptoms

Long-term controllers reduce the chance that airways will become damaged and that asthma symptoms will occur. They should be used every day if any of the following apply:

- Asthma symptoms occur more than twice a week
- Symptoms affect any activities, work or school attendance
- Nighttime sleep disruption occurs (coughing/breathing restrictions) more than twice a month
- Lung function results below normal
- Your physician recommends using

With proper medications and avoiding asthma triggers, people with asthma should expect to be active and feel great.

Your CIGNA Benefits include the Well Aware Program for Better Health Asthma Program®. If you or a family member has been diagnosed with asthma, call 1-800-894-0086 to enroll in this program and receive information and resources about this condition.

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